Country Cuisine *Food Presentations*

*Food is one of the most important parts of any culture. Indeed, one of your most interesting experiences living abroad will be learning about the culture through their cuisine. To prepare you for this experience, please research the following topics. Answer these questions with complete sentences and upload to the Wiki when you are finished. M.H.*

1. What foods are commonly eaten in your cuisine?

Grains because of the harsh colder climate

1. What are the mealtime customs for your country? Describe a typical meal using their traditional foods as examples:

Breakfast: zavtrak, morning coffee

Lunch: kasha or baked buckwheat

Dinner: beet soup, apple cake

Snacks:.mostly peanuts

1. Name at least two “famous” dishes from your country.

Beef stroganov and borsch or beet soup

1. What are some types of cooking utensils or equipment used in this cuisine? A pech stove, and a large stock/soup pot
2. What are the traditional holidays or celebrations for your country and what foods are served at these events?

At lent they serve pancakes called bliny.

1. As a visitor to your country, you will be dining in restaurants in your city. Describe what your experience may be like. Will you be able to read the menu? What are some dishes that may be included on your menu? How expensive will it be for you as a visitor? As a visitor I should know a few words in Russian to help order. I might encounter new styles of spices or smaller meals. Some dishes would include bliny, Russian pancakes, and oshroshka, a type of soup. It wouldn’t be too expensive because 100 Russian ruble is worth 3.50 American dollars